

## The Secret Of Reprogramming Your Belief System

Every individual person has a unique *belief system*. There are similar *systems* of thought among various people but each and every human being has a very exclusive way of viewing the world around them. The billions of bits of information that make up your reality are a result of your thinking. Your individual *belief system* is made up of your thoughts and beliefs as well as the thoughts and beliefs that were handed to you at an early age before you were consciously able to choose what you think.

When your mind receives information it breaks it down into individual components, compares these bits of data to your existing beliefs and then takes this information and reassembles it as a *mental construct*. The human mind basically interprets the data according to all of its past experiences. Two people can view the same “reality” and experience very different things since their experience is a result of the reconfigured *mental construct* and not the “reality” itself. This *mental construct* is *your personal version of the world* that has been filtered through your current *belief system* and it creates a very specific *signature vibration* or *frequency* that is unlike any other person’s.

All of your past experiences together make up what is called your *belief system* or what some have termed your *paradigm*. This *belief system* or *paradigm* is **your** perception of “reality” and it determines what **you** are capable of achieving in your life. If you want to change what you are experiencing in your life you must alter your current perception of “reality” by changing your *belief system*. To change your *belief system* you must REPEATEDLY impress your *conscious AND subconscious minds* with a new directive until this REPETITION changes your *belief system* or *paradigm*.

Nothing is “impossible” but you must implement some very basic concepts in order to produce the physical results of your desire. You must be persistent, have a clear mental image of what you want, generate *passion* or *intense emotion* about having the desire, and you must REPEATEDLY impress this onto the *conscious* AND *subconscious minds* until it manifests through the change in your *belief system* or *paradigm*.

How this is accomplished will vary from person to person. As an example, I like *affirmations* but if you just keep repeating a group of words this will not bring change to your situation or reprogram your existing *belief system*.

Affirmations “work” for me because when I experience a “contrary belief” that is operating against my desired outcome, I can mechanically *repeat* the *affirmation* and then *imagine* how I will be so relieved *to have what I desire*. This simple process: 1)rejects the outdated belief, 2)replaces it with the desired end result, 3)generates a positive passion about the desire and then 4)causes me to relax and to 5)expect to receive my desired end result. I don’t just think or say the words and stop. I allow the words to create the *feelings* of *already* having what I desire to have happen in my situation. I use my *imagination* to counter the negative aspects and to experience the emotions of truly having the desire.

Just setting aside twenty minutes a day to recite affirmations will not produce the desired results that you are hoping to receive. You have to use your *imagination* to generate *feelings* and *images* that communicate your desire to the *subconscious mind*. I have seen many “programs” for self improvement that offer ways to increase your finances. Most of these sell for about one hundred dollars and some even go up to around three thousand dollars! Don’t get me wrong, some of these programs are worth their weight in gold but many of them keep you busy with dream boards, visualizations, and affirmations while they step around the core issues of making any meaningful change that brings results.

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*Your success is only a thought away!*

The bottom line in any “program” is quite simple in that you must change your current *belief system* to include new information while rejecting certain out dated or incomplete information that has been established as your *beliefs*. Let me say that again, *the bottom line in any “program” is quite simple in that you must change your current belief system to include new information while rejecting certain out dated or incomplete information that has been established as your beliefs.*

Many of the “programs” like I briefly mentioned above are very good at “*getting your hopes up*” without changing your *belief system*. They keep your *conscious mind* busy with activities and expectations but they often do not emphasize that in order to change your experience you must change your *belief system* through *thoughts, images, and feelings* of new information that are REPEATEDLY impressed upon the *conscious AND subconscious minds*. Without a change in your *belief system* by REPETITION of the desired *thoughts, images, and feelings* you will not see change in your environment even though you have some excitement about working your “program”. Some of these “programs” produce some improvement and results by the sheer repetition of positive affirmation and thought but largely they take your money and do not change your *belief system*.

In order for a program of any kind to be effective it must change your *beliefs*. If you want to change what you are experiencing in your life you must alter your current perception of “reality” by changing your *belief system*. To change your *belief system* you must REPEATEDLY impress your *conscious AND subconscious minds* with a new directive through *thoughts, images, and feelings* until this REPETITION changes your *belief system* or *paradigm*. 1) You must be persistent, 2) have a clear mental image of what you want, 3) generate *passion* or *intense emotion* about having the desire, and 4) you must REPEATEDLY impress this onto the *conscious AND subconscious minds* until it manifests through the change in the *belief system* or *paradigm*.

If you can comprehend the above paragraph and implement it into your daily life and thought processes then nearly “any program” you choose to follow will work for you (including reading and *rereading* this book). You just have to keep in mind that while you are doing the “exercises” of the “program”, and making your “dream maps” and “vision boards”—*what you are really doing is changing your existing belief system to include new information so that you become capable of having what you desire. It’s not the “exercises”, “vision boards”, or “affirmations” that are making the difference it is their REPEATED impression of new information upon the conscious AND subconscious minds.*

Many of these “programs” tell you that you must continue using their materials and buy more and more of them to succeed. The truth is that what you must continue to do is feed new information to your *conscious AND subconscious minds* by REPETITION of *thoughts, images, and feelings* until your *belief system* is sufficiently altered and produces the desired results. It is this *continual feed of new information through repetition* that is important, not the particular “program” that you choose as a means of accomplishing this goal. There are times that the best thing I can do to change my own *belief system* and feed new information into myself is to just sit in a lawn chair in my front yard and be grateful for all that I have and all that I am about to see manifest! The “sense” and “feel” of *gratitude* is a powerful force in attracting what you desire and in eliminating what is contrary to your desire. *Bathe in this as often as you can!*

Nothing is “*impossible*”. In fact, the concept of “*impossible*” is only a *mental construct* (this term is explained in the book) that exists within your mind. All things are possible! You are the variable in any circumstance and you hold the “deciding vote”! Whatever you choose will be the outcome in any given situation! Working a “program” is a good practice but your outward physical existence will only change when you change internally by REPEATEDLY impressing the *conscious AND subconscious minds* with *thoughts, images, and feelings* of the new information.

### To Change Your *Belief System*

- 1) You must REPEATEDLY impress your *conscious AND subconscious minds* with the new directive through *thoughts, images, and feelings* until this REPETITION changes your *belief system or paradigm*.
- 2) You must be persistent.
- 3) You must have a clear *mental image* of what you want.
- 4) You must generate *passion or intense emotion* about having the desire.
- 5) You must REPEATEDLY impress this onto the *conscious AND subconscious minds* until it manifests through the change in your *belief system or paradigm*.

Are you beginning to see the necessity of *repetition*? *Repetition* is what “*deprograms*” your existing *belief system* and then “*reprograms*” it with the new desire. How long it takes to “*reprogram*” your *belief system* will depend upon two things: what you have believed in the past that is contrary to the new belief, and how often you impress the new directive onto the *conscious AND subconscious minds*.

It is just that simple. The only thing that can stop your desire is if you do not impress the new directive onto your *conscious AND subconscious minds*. There are only two reasons why you would fail to do this once you know the “secret” of reprogramming your *belief system*: one is if you fail to REPEAT the directive enough times and the other is if you just *give up*! If you fail to REPEAT the directive enough times then you need to be more *persistent*. If you “*give up*” then what you need to do is have *faith in the process* (this term is explained in the book). Somewhere along your line of thinking you have convinced yourself that getting what you desire can't be as simple as changing your *belief system* through *repetition*. I remember thinking at the age of 52: *you mean to tell me that everything I will ever need or want has always been mine? That everything is already mine and already available and the only thing that can stop or hinder it is my own limited thoughts and beliefs?* You know what? It really is just that simple but to make *the process* work it takes *persistence* and *repetition*! You just have to follow the plan and cooperate with *the process*!

If you think that people or circumstances are your “problem” then think again! If you lack anything that you desire it is a result of the fact that your current *belief system* will not “allow” it to exist in your reality. Your current collection of thoughts, feelings, and beliefs are “*not big enough*” to contain the things that you lack. The *Law of Rhythm* observes that everything operates by *rhythm* and *cyclic patterns* or *cycles*. This law states that everything in existence is a dance where something must advance when anything retreats (sometimes called the *law of vacuum*). The tide goes in and out, night follows day, the moon waxes and then wanes, feelings are positive and negative. If you make room in your *belief system* for what you desire then you activate the *law of rhythm* and all of creation will rush in to fill the empty space with what you desire!

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*Your success is only a thought away!*

Remember that your outward physical existence will only change when you change internally by REPEATEDLY impressing the *conscious* AND *subconscious minds* with *thoughts, images, and feelings* of the new information.  
Enjoy your journey. Reading this will change your life!

***I just wrote a book and I'm giving it away!***

(Well, at least the first four chapters anyway!)

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